

Bridling Fear
Triggered Part 3 of 5
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January 22, 2023

Emotional eruptions are triggered by a predictable sequence:

Precondition – Trigger – Emotional State – Actions – Results – Consequences

Lessons from Jonathan and his Armor-Bearer (1 Samuel 14:1-23)

- Jonathan shows us that victory over fear comes from choosing faith in the Lord.

1 Samuel 14:6 (ESV)

⁶ Jonathan said to the young man who carried his armor, “Come, let us go over to the garrison of these uncircumcised. It may be that the LORD will work for us, **for nothing can hinder the LORD from saving by many or by few.**”

- The Philistines reveal that giving into fear causes destruction.

1 Samuel 14:15 (ESV)

¹⁵ And there was a panic in the camp, in the field, and among all the people. The garrison and even the raiders trembled, the earth quaked, and it became a very great panic.

Faith over Fear comes to those who...

- Fear the Lord. (Proverbs 14:27)

Proverbs 14:27 (ESV)

²⁷ The fear of the LORD is a fountain of life,
that one may turn away from the snares of death.

- Trust in the Lord. (Psalm 56:3-4)

Psalm 56:3–4 (ESV)

³ When I am afraid,
I put my trust in you.

⁴ In God, whose word I praise,
in God I trust; I shall not be afraid.
What can flesh do to me?

Scripture for Different Fear Issues

Fear About	Scriptures	Fear About	Scriptures
Any Situation	Heb 13:5-6; Jer 32:17; Ps 23:1-3	Fearsome Times	Ps 56:3-4; Isa 41:10; 43:1-3
My Future	Matt 6:34; Pro 3:5-6; Jer 29:11; Pro 16:9	Bad News	
		Society Crumbling	Ps 11:1-3
Provision for Needs – food, ect.	Matt 6:31-34; Pro 3:9-10; 11:25	Evil People	Ps 37:7-9
Sickness	Ps 73:26	Natural Disasters	Ps 46:1-3
Growing Old	Isa 46:4; Ps 37:25-26	Wars, Famines, Earthquakes	Matt 24:6-8; Ps 3:6
Death	Phil 1:21-22; Pro 14:32; Luke 23:42-43; John 5:24	Persecution	Luke 12:11-12; Acts 20:22-24; Rev 12:10

Tackle fear with **HEY, SAY, PRAY, OBEY...**

HEY Identify that I am feeling fear

SAY Fear and trembling come upon me... But I call to God, and the LORD will save me.

Ps 55:5a,16

PRAY Father, please help me do right and change Fear to Faith(Trust)

OBEY Refuse to worry or dread. Pray specifically about my concerns and thank God. Move forward to do what is needed.

My Next Step Today is to:

- ☐ Meet with someone to clarify my commitment to Christ.
- ☐ Choose confidence that God will be faithful in _____.
- ☐ Memorize: _____.